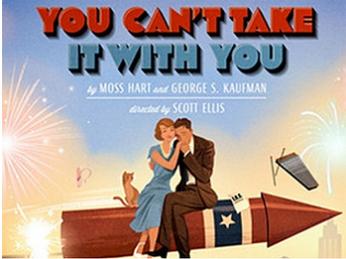


ATTENTION WOMEN VETERANS!! JUNE 2016 CALENDAR

You are invited to the following activities for women enrolled at VA Central Iowa

<p>Every Thurs. this summer Time: 1:30-2:30pm Place: Bldg. 12/CLC third floor dining room Yoga!!! Beginner or Advanced. Mats will be provided (or bring your own) or you can use a chair. No need to sign up—just show up!</p>	
<p>Fly Tying and Fly Fishing this summer—Fly Tying and/or fly fishing will continue on the 1st and 3rd Tuesdays of the month (in the evening). Please contact Joni for more information and details.</p>	
<p>Wed. June 1 Time: 7:30pm Place: Des Moines Playhouse Women veterans are welcome to attend the dress rehearsal of "You Can't Take It With You" at the Des Moines Playhouse. Please be there by 7:15pm so Ann can let you into the building. Meet at the lower level door on the East side of building. This event is "on your own" and no VA staff will be present. Thank you Des Moines Playhouse for offering free shows to us!</p>	
<p>Wed. June 15 Time: 1-3pm Place: Bldg 12, Room B109 Come learn how to play the bells (tonechimes) with Suzanne (no music knowledge needed) and then make your own strawberry (or other berry) shortcake in honor of National Strawberry Shortcake Day! It will be a fun and relaxing afternoon.</p>	
<p>Fri. June 24 Time: 10am-2pm Place: Bldg. 12, Room B109 Come work on some fleece blankets to be given to hospitalized female veterans at the VA. No experience needed. We will also have time to work on scrapbooking and other craft projects. Bring your lunch or something to share with others. Or we can order something out too. Come for a fun-filled day of visiting and sharing.</p>	
<p>We are hoping to do an outdoor activity in July, such as a cookout with lawn games, etc. Several women will be gone in July for the National Veterans Golden Age Games so we may only do 1 activity in July. August we will have a visit from the dietician for new recipes and food ideas and more. Reminder to check out the VA website for other activities open to all veterans, such as bike rides and more. Go to www.centraliowa.va.gov and then go to calendar listed towards the bottom on the right side.</p>	
<p>Sept 7-8, 2016-Overnight retreat at Camp Wesley Woods in Indianola, IA. More details to come but save the dates!</p>	

For questions, please contact Suzanne Anderson, Music Therapist at 699-5999 x4949
 or e-mail Suzanne.anderson4@va.gov
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